



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 38 • SEPTEMBER 27, 2013

*JBSA-Randolph  
hosts camp for  
wounded warriors*

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# Gold Star Mothers: Women who have given much

By Kimberly A. Rairdan

Alamo Area American Gold Star Mothers

In grade school, everyone tried their best to earn a "Gold Star" for their hard work and good behavior. It was a simple reward to show one and all you did your best. For many, this is all a "Gold Star" represents.

For others, the "Gold Star" holds a much deeper meaning. You may have noticed a few different license plates here in Texas that bear a blue field on the left hand side and a gold star in the middle of this field. This license plate has "Gold Star Mother, Spouse, or Family" displayed on the bottom.

So, "what is a Gold Star Mother? What does it symbolize? By definition, a Gold Star Mother is a mother whose child died while on active duty serving in the armed forces.

You also may have come across a woman or a man wearing a circular pin with a gold star on a purple background, either the Gold Star lapel pin, or a square gold pin with oak leaves and a gold star in the middle or the Next of Kin lapel pin.

The Gold Star lapel pin is awarded only to relatives of those killed in specific conflicts. The Next-of-Kin lapel pin is awarded to relatives whose loved one died while on active duty or while assigned to an Army Reserve or Army National Guard unit in drill status. Either

of these pins is only worn by those who are a "Gold Star Mother, Father, Spouse or Family" member.

Since the early days of our great nation, mothers have witnessed their sons and now also their daughters, march off to war. They answered the call to duty to defend our nation and to offer aid to those who need help in their plight. Young men and women have bravely answered the call and, sadly, many have paid the ultimate sacrifice for their fellow countrymen.

During World War I, families displayed a service flag on their family home, which was a field of white with a red border. In the middle of the white field, blue stars were placed to denote how many within the home was serving in the military. When one of the family members died in the line of duty, a gold star was placed over the blue star, showing that a military member had died.

American Gold Star Mothers, Inc., got their start after World War I, when many mothers were mourning their sons' deaths on the battlefields of Europe. Most remains were not returned to be buried on American soil.

Many mothers found comfort in visiting hospitalized veterans wounded from the war. Grace Darling Seibold and 24 other women formed the group in 1928 so other mothers who lost their sons

would come and find peace with their pain, while helping veterans as they recovered from injuries from the war.

Today there are thousands of American Gold Star Mothers who, because of mutual love and sympathy, honor their sons and daughters through their works and volunteering. They share their grief and their pride while channeling their time, efforts and gifts towards lessening the pain of others.

As our military leaders still answer the call to defend and to aid, our heroes in uniform dedicate their lives upholding the values and freedoms of being an American.

As a life is lost on the battle field, or a life is ended as a service member carries on his dedication anywhere in the world, a Gold Star Mother is born.

The last Sunday in September is recognized nationally as Gold Star Mother's Day. As the nation pauses to pay tribute Sunday to these women who have given much, I hope you pause a moment in your busy life to say a prayer of thanks.

In San Antonio, a small group of people will gather at Fort Sam National Cemetery to honor and remember, shed a few tears, and support each other as the nation pays tribute to our Gold Star Mothers.

*(Editor's note: Kimberly A. Rairdan is the mother of Lance Cpl. Rhonald "Dain" Rairdan, who was killed in Iraq Jan. 26, 2005.)*

## ON THE COVER

Wounded warriors compete in an Air Force vs. Marine Corps wheelchair basketball game at the Air Force Wounded Warrior Program Adaptive Sports Camp Sept. 19 at the Joint Base San Antonio-Randolph Rambler Fitness Center. For the complete story, see page 15.

*Photo by Melissa Peterson*

## WINGSPREAD

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## Combined Federal Campaign Points of Contact

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### 502nd Mission Support Group:

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*The 2013 Combined Federal Campaign runs through Dec. 15.*

### 802nd MSG:

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### 902nd MSG:

Matt Borden, 652-3797; Alternate: Master Sgt. Ennis Fowler, 652-6915

Alternate: Master Sgt. Shawn Waghorn, 652-3088



Gen. Edward A. Rice Jr. (center), Air Education and Training Command commander, Maj. Gen. Margaret Poore (left), Air Force Personnel Center commander, and Brig. Gen. John Horner, Air Force Recruiting Service commander, gather to sign Combined Federal Campaign forms Sept. 23 at Joint Base San Antonio-Randolph. The CFC is one of the largest and most successful annual charities in today's federal workplace. JBSA members can check with their local CFC representatives for details on their local campaign and how to donate.

**Photo by Joel Martinez**



Photo by Staff Sgt. Marissa Tucker

Lt. Gen. James M. Holmes, Air Education and Training Command vice commander, and Airman Brandon Marlette, 433rd Aerospace Medicine Squadron health services technician, slice the Air Force birthday cake during the San Antonio Air Force Ball Sept. 20 at the Grand Hyatt in San Antonio. More than 800 members of the Joint Base San Antonio community attended the event held to celebrate the 66th birthday of the U.S. Air Force. Events included entertainment from the Air Force Band of the West and a fashion show displaying the evolution of Air Force uniforms.

# POW/MIA event honors heroes

By Airman 1st Class Alexandria Slade  
Joint Base San Antonio-Randolph Public Affairs

An event honoring all prisoners of war and missing-in-action members took place Sept. 18 in front of the Missing Man Monument at Joint Base San Antonio-Randolph.

In conjunction with National POW/MIA Recognition Day, which happens the third Friday of every September, service members participated in parade rest rotations for half-hour periods in front of the monument in remembrance of all Americans who have not yet returned home.

An hour-long ceremony dedicated to POW/MIA members included speakers from the 12th Operations Group and Air Education and Training Command, a wreath laying, 21-gun salute, flag folding, playing of the national anthem, motorcycle procession and the building of a battlefield cross with a helmet, rifle and combat boots.

Despite its 40-year occurrence at JBSA-Randolph, this year's POW/MIA day was structured with the intent to "include all the branches of service" due to joint bas-

ing, Staff Sgt. Tausha Walker, AETC public health technician, said.

"We didn't want anyone to feel left out of the POW/MIA events just because they were stationed at a different base," she said. "We had members from the Joint Base Color Guard, Army Drill Instructor and Air Force Military Training Instructors perform the folding of the American and POW flags. Two individuals in ghillie suits set up the battlefield cross and the motorcycle procession was performed by the Randolph Bike Club."

The ceremony also provided an opportunity for former POW/MIAs to share their stories, Walker said.

"It is important to commemorate the life and memory of service members who have paid the ultimate price for our freedom," Senior Master Sgt. Jerome Dubose, AETC readiness emergency manager, said. "Our current generation of the military can learn from these heroes to demonstrate courage and valor in their personal and professional endeavors during hardship, opposition and discouragement."





# Know what to do in case of an active shooter incident

By Richard Coon  
902nd Security Forces Squadron  
Joint Base San Antonio-Randolph

About 237 active shooter incidents occurred in the United States between 1966 and 2010. Closer to home, as many are aware, we successfully reacted, responded and recovered from an active shooter event that occurred at Joint Base San Antonio-Fort Sam Houston June 10.



The recent active shooter incident at the Washington Navy Yard is a good reminder we need to be prepared to react if it happens at Joint Base San Antonio.

JBSA has established guidelines and procedures to help save lives and maintain order in the wake of these kinds of events.

An active shooter is any person who is engaged in killing or attempting to kill people in a confined or populated area. In most cases, armed active shooters show no pattern or method in their selection of victims.

This is often an unpredictable, rapidly evolving situation that demands an immediate response from security forces in order to terminate the life-threatening situation.

The first patrolmen to arrive on scene must locate the shooter or shooters and take aggressive action to help protect lives. Rescue efforts will be delayed until the danger can be mitigated or eliminated.

Because active shooter situations often are ended within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be prepared, mentally and physically, to deal with an active shooter situation and follow directions.

JBSA will declare an immediate lockdown during an active shooter incident.

Giant Voice and other available forms of communication will be used to notify the base populace when an active shooter or similar threat is imminent and a lockdown is in effect.

Hearing this term from credible sources should solicit base

members to position themselves in a secured place, clear of direct fire, where they can observe all entrances and exits.

Those in lockdown should mitigate the location's vulnerabilities by locking doors and windows, and barricading access with anything available.

Turn off the lights and make the location appear unoccupied. Monitor communications – telephone, computer, radio.

If a phone is within the secured location, members should call security forces or 911. Callers will be asked to provide as much information as possible to include location, weapons involved and the number of shooters and their descriptions.

While in lockdown, members are urged not to move until authorities instruct otherwise.

For more information on active shooter response procedures, contact security forces or visit the 502nd Air Base Wing website at <http://www.502abw.af.mil> to download an informational trifold.

For immediate assistance at JBSA-Randolph, call Tech. Sgt. Taylor Rogal at 652-2744; at JBSA-Lackland, call Master Sgt. Jeremiah White at 671-2183; and at JBSA-Fort Sam Houston, call Officer Steve Kampman at 221-2354.

To download a copy of the Joint Base San Antonio Active Shooter Process, click on <http://1.usa.gov/1h51S06>.



File photos

## JOINT BASE SAN ANTONIO ACTIVE SHOOTER PROCESS

### EMERGENCY DIAL 911

Security Forces  
JBSA-Fort Sam Houston/Camp Bullis  
221-2222  
JBSA-Lackland  
671-2018  
JBSA-Randolph  
652-5700

### ACTIVE SHOOTER RESOLUTION

ALL CLEAR: Lockdown ends when installation command authority declares the incident over and the situation safe. This order may be transmitted through local command or notification systems.

### IMMEDIATE DANGER (SEE)

If you find yourself in immediate danger during a shooting incident within your work center, ESCAPE/EVACUATE from the scene, HIDE or as a last resort, TAKE ACTION.

**ESCAPE/EVACUATE:** Plan your route, leave your stuff behind and exit with your hands visible. Security Forces personnel may mistake you for the shooter.

**HIDE:** If you HIDE, contact Security Forces as soon as possible and safe to do so.

**TAKE ACTION:** If you find yourself in IMMINENT DANGER, take action as a last resort. Attempt to incapacitate or act with physical aggression and throw items at the active shooter.

### RISK OF DANGER (HEAR)

If you find yourself in risk of danger, such as you hear shooting, but are not being immediately threatened.

**LOCKDOWN:** Secure yourself and your location. Once secured, position yourself in a place clear of direct fire. You should be able to observe the "way in" and "way out" routes. This will include the process of facility lockdown and mitigating the room vulnerabilities. Mitigation will start with locking the doors and windows and barricading access with anything available. Turn off

the lights and make your location appear unoccupied. Monitor communications i.e. phone, computer, radio.

**NOTIFY AUTHORITIES:** Call Security Forces. If a phone is within your secure location, dial your local emergency number and provide as much information as possible. Law Enforcement officials will ask direct questions to include locations, number of shooters, weapons involved, and descriptions.

**STAY PUT:** Until the authorities instruct you to move or you have been released, DO NOT MOVE. Persons milling about increases confusion and the likelihood of injury.

### BASE NOTIFICATION

Lockdown takes precedence over all other security related actions to include the administrative function of Force Protection Condition changes.

Once the hostile situation is resolved and lockdown is terminated, all other security-related actions should resume to include any Force Protection Condition changes.

Only security forces move during lockdown.

## SHOOTING INCIDENT THREAT AID

### IMMEDIATE DANGER (see)

#### Escape/Evacuate

- Move to nearest exit
- Help others
- Leave personal belongings

#### Hide

- Assess situation/location
- What can protect you (stop bullets)
- Look for way in/way out routes
- Leaders TAKE CHARGE
- Take action only as a last resort

### RISK OF DANGER (hear)

#### Lockdown

- Lock and barricade doors; turn off lights
- Remain quiet and limit movement

#### Notify

- Your location (building/floor/room number)
- Number of shooters and location(s)
- Shooter description/weapon type

### BASE NOTIFICATION

#### Lockdown

#### Account

- Be prepared to report status
- Account for all personnel

### Stay Put

- Stay put until proper notification
- Cooperate with response forces
- Leaders TAKE CHARGE

### INFORMATION

Provide to Security Forces:

- Your Location
- Number of shooters
- Shooter(s) location
- Description of the shooter
- Type of weapons involved
- Shooters direction of movement

### WHEN HELP ARRIVES

Once Security Forces arrive:

- Remain calm and follow instructions
- Put down any items in your hands (i.e., bags, jackets)
- Raise hands and spread fingers
- Keep hands visible at all times
- Avoid quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not stop to ask response forces for help or direction when evacuating

# Suicide victim’s mother calls for improved mental health education

**By Robert Goetz**  
 Joint Base San Antonio-Randolph Public Affairs



The mother of an Army sergeant who died by suicide two years ago – a victim of mental anguish caused by a traumatic brain injury suffered in combat in Iraq – brought her daughter’s story to Joint Base San Antonio-Randolph last week.

Margy Agar, the mother of Sgt. Kimberly Agar, a 25-year-old Soldier who died Oct. 3, 2011, emphasized the need for better assessment of battle-ground injuries and called for improved education and communication regarding mental health issues during a symposium Sept. 19 at the JBSA-Randolph Chapel Annex, one of the events of Suicide Awareness and Prevention Month.

“I’m here for two reasons – one, to honor her because it is well-deserved, and two, by becoming her voice – the voice over the stigma of suicide and all that goes with it,” she said.

Agar, who said she hopes to instigate change “to open up minds to education, because that is the only thing that will lead this epidemic into a new direction,” told the story of a young woman, a former beauty queen, with a vocal talent and her numerous renditions of the national anthem that were heard from her home in the

Dallas-Fort Worth area to Fort Leonard Wood, Mo., and Fort Benning, Ga., and from Iraq to Germany.

Agar spoke of Kim’s attributes and her patriotism – her dream to serve her country. However, she was also “conflicted with the demons of war,” her life altered in 2007 when an improvised explosive device detonated at the driver’s door of the convoy truck she was driving. Kim suffered a traumatic brain injury, but it was not diagnosed for four years, long after its effects had begun to take their toll on her and just months before her death.

In addition to the headaches, nausea, memory loss, insomnia and depression that resulted from her injury, Kim suffered from tinnitus, which impacted her “dream job” as a vocalist in the U.S. Army Band and Chorus in Europe based in Germany.

Agar said Kim’s tinnitus “sometimes caused her not to be able to hear the music and occasionally she would sing off-key.

“Another extenuating circumstance based on all the prior happenings was that she not only had tinnitus, but she was disrespected and bullied for it,” she said.

Despite the relentless bullying, Kim did not report any of her symptoms in “tremendous fear of losing her job,” Agar said.

“In retrospect, she didn’t seek help for these inju-

ries caused by the IED until she received her diagnosis of a traumatic brain injury in May 2011, four years after the IED,” she said.

Agar said Kim spent 11 of her final days in the hospital receiving treatment for her mental condition before being released to return to her barracks, where she requested a room on an isolated floor with no roommate.

Despite a doctor’s orders to keep her on suicide watch, a social worker took her off it, Agar said, when she failed to show up for work after a four-day weekend, Kim was found in her room.

Agar, who said some of her family members are “disgruntled” because she is “telling the world” that her daughter died of suicide, said mental illness “needs to be addressed because it can be treated.”

“It does not have to be fatal,” she said.

The symposium also featured comments by Chaplain (Capt.) Mark McGregor, from JBSA-Randolph’s Chapel office, who addressed ways to find healing in the aftermath of suicide.

“With spirituality and suicide, one of the things is to be able to find a way of healing, and one of the most important ways is to keep that story alive,” he said.

McGregor said the person who is gone “can still be present in a life-giving way.”

# Air Force effort turns energy awareness into action

By Jerry McCall

502nd Civil Engineer Squadron  
Joint Base San Antonio-Fort Sam Houston

This October, the Air Force joins the nation in observing Energy Action Month. This year's theme, "I am Air Force Energy," encourages people to do more than just be aware. Instead, military members and civilians alike should take action.

"The Air Force is making excellent progress toward satisfying federal energy mandates," said Rick Stacey, chief of the Air Force Facility Energy Center, a division of the Air Force Civil Engineer Support Agency, Tyndall Air Force Base, Fla.

"The more prominent goals require us to reduce energy intensity 30 percent by 2015, reduce water intensity 26 percent by 2020 and increase renewable energy to 25 percent of all electricity use by 2025," Stacey said. "These goals are getting tougher. People need to do all they can do to help the Air Force continue its energy program successes."

Since 2003, the Air Force has reduced energy use by nearly 15 percent and water consumption by 11 percent. More than six percent of all electricity is obtained from renewable sources. The Air Force energy strategy for meeting these goals is to reduce demand, increase supply and change the culture.

"In fiscal year 2012, the Air Force saved more than \$1.5 billion through smarter buildings, new technologies and more efficient flight operations," said acting Secretary of the Air Force Eric Fanning. "The smart use of energy means flying our aircraft farther, transporting more cargo, and accomplishing our mission in a more efficient and effective way."

The Air Force uses facility energy audits, utility meters, energy recommissioning, and a variety of other tools to pursue aggressive reduction targets. For example, at Kirtland AFB, N.M., audits led to an upgraded energy management control system that is expected to save \$3.7 million over the lifetime of the system.

The Air Force leads the Department of Defense as the number one producer and user of renewable energy. More than six percent of our electric supply comes from on-base renewable energy projects including wind, solar, geothermal, and landfill gas.

In fiscal 2012, the Air Force spent \$9.2 billion on energy. The ability to change the Air Force culture and develop a new mindset when it comes to energy depends on its people.

"Every gallon of fuel and watt of electricity we save allows us to have more resources to meet other Air Force priorities," said Kathleen Ferguson, acting Assistant Secretary of the Air Force for Installations,

Environment, and Logistics.

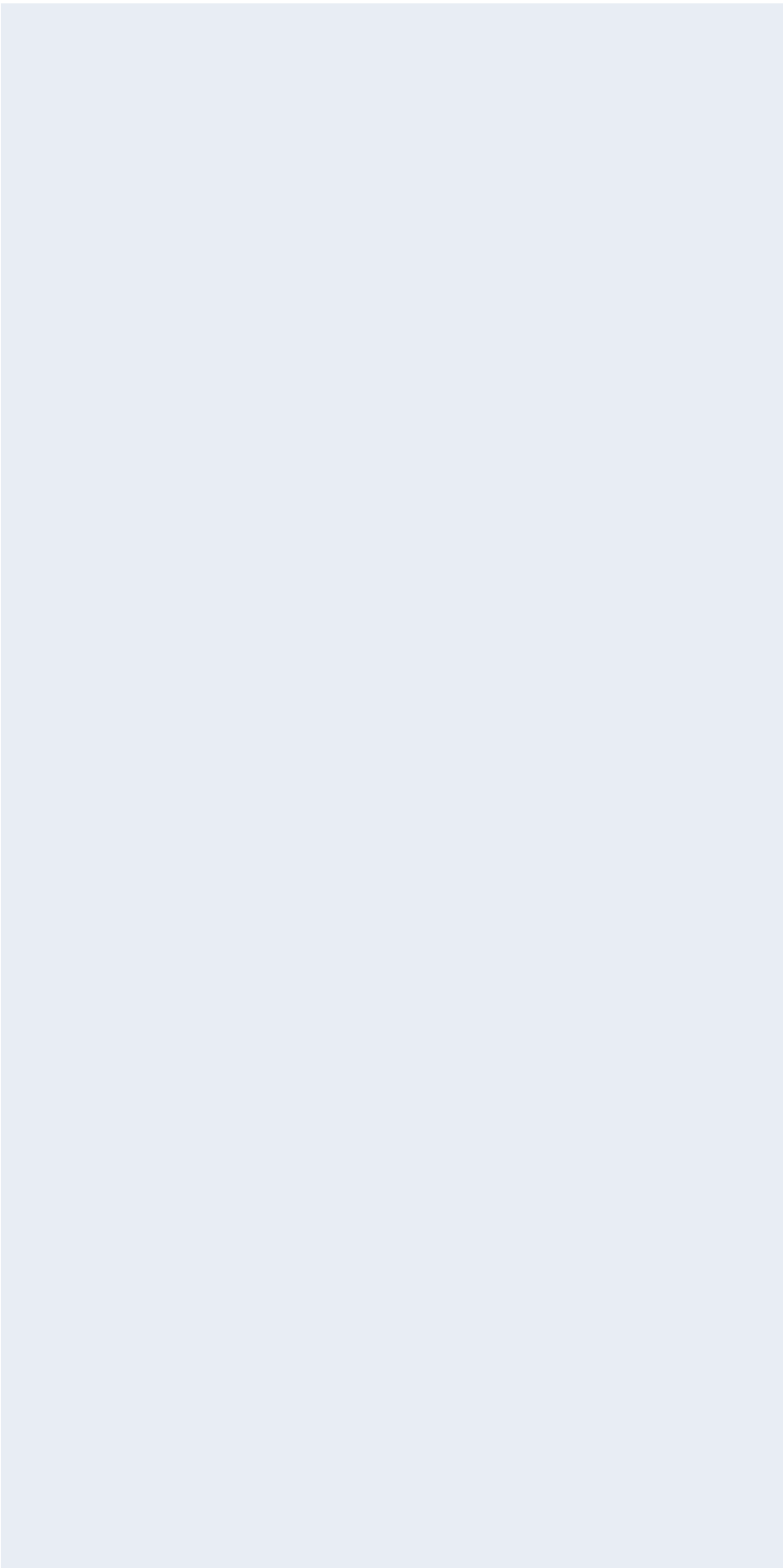
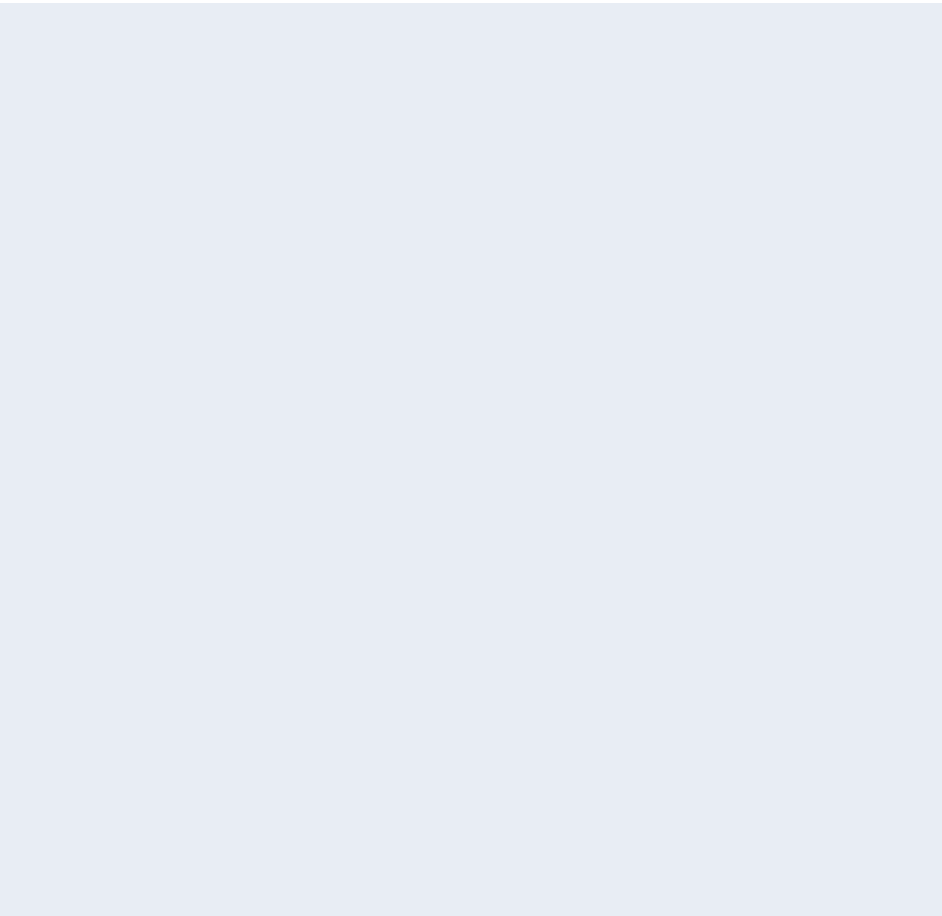
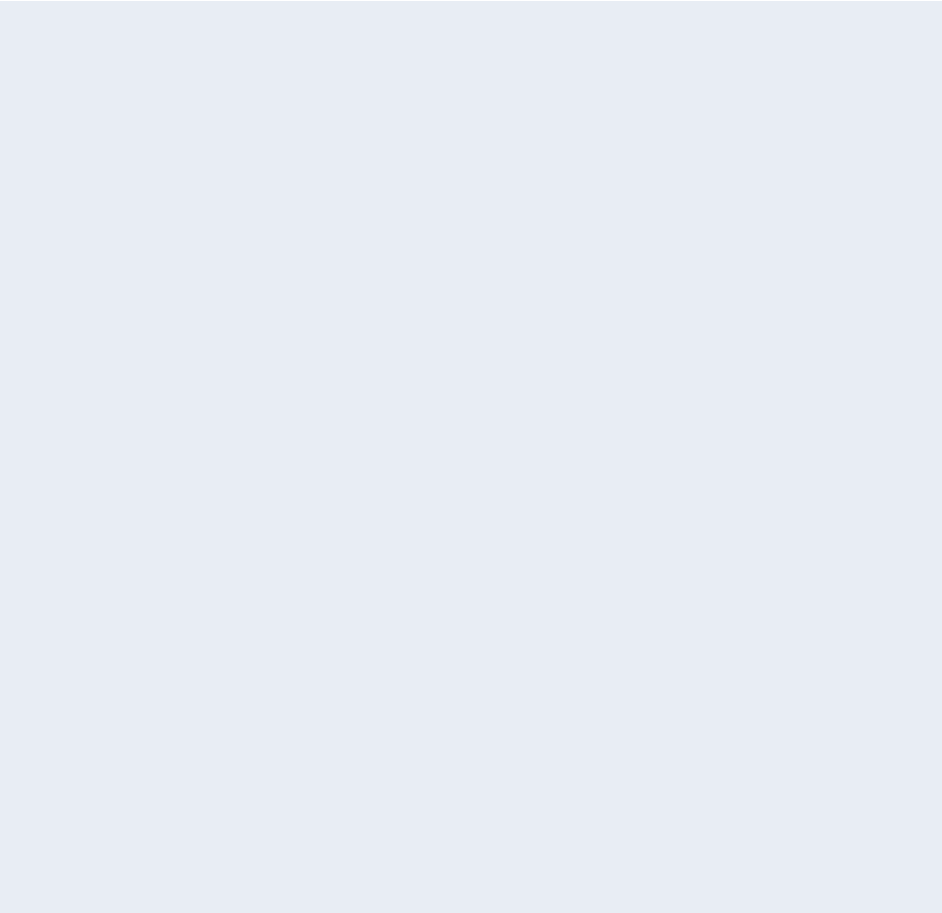
"Each individual can – and must – contribute," Stacey said. "No matter how small or how large the action, people will ultimately make the difference. Take a moment to turn off lights and appliances when not in use; make saving energy and water a habit every day; and encourage your family, friends, and co-workers to do their part as well."

Take "ACTION" during Energy Awareness Month. The ACTION acronym stands for: Appliance reduction; Computer log off; Temperature set points; Inform facility managers; Outdoor conservation; and No waste. These are steps that can yield positive results for the community and the Air Force.

- Appliance reduction – Look around the workspace. Is there a refrigerator or coffee maker in the work area? How many personal appliances can be removed or consolidated in common areas like the break room? Reducing energy usage by reducing the number of appliances and machines used can yield significant energy savings.

- Computer log off – Even though people are prohibited from turning off computers, computer users should log off at the end of the day. This ensures that computers will enter the energy-saving sleep

**See ENERGY P8**



ENERGY from P6

mode. Before pulling out the Common Access Card and going home for the day, remember to log off. The Air Force information technology power management team estimates this action alone can save more than \$10 million a year.

- Temperature Control - Climate control set points can have a major impact on energy use. Throughout Joint Base San Antonio, the set point for winter is between 68 and 70 degrees Fahrenheit and between 76 and 78 degrees Fahrenheit in the summer. Be familiar with your base's temperature set point policy. Heating and cooling systems are not perfect, so workspaces may not be at optimum comfort temperatures. Instead of increasing energy demand with space heaters or fans, dress appropriately for the temperature in your facility. If your building is too cool in the summer or too hot in the winter, the thermostat could be set incorrectly, which means the Air Force is wasting energy.

- Inform your facility manager – Report incorrect temperature set points, leaky faucets, blocked air

vents, cracked windows and other problems to your facility manager or to civil engineering customer service.

- Outdoor conservation – If you notice a broken sprinkler head wasting water or area lights left on in a parking lot during the day, report it to your local Civil Engineer Customer Service.

- No waste – Don't turn a blind eye to problems. If you see something that doesn't need to be on, turn it off. If you see a problem, report it.

Take time to review daily routines to conserve energy and water. Empower others to take action. Every dollar saved on energy is a dollar that can be spent on Airmen, their readiness and the mission to “Fly, Fight, Win.”

For more information, visit <http://www.afcec.af.mil/news/energyactionmonth2013/index.asp> and <https://www.facebook.com/AirForceEnergy>.

*(Editor's note: Adapted from an article by Jennifer Elmore, Air Force Civil Engineer Support Agency, Tyndall Air Force Base, Fla.)*

JBSA Sexual Assault Prevention and Response

To report a sexual assault, call the 24/7 JBSA Sexual Assault Prevention and Response hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.  
You don't have to be alone.





# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## October

### Arts & Crafts

#### Artists submit artwork for Air Force Gallery

JBSA-Lackland Arts and Crafts calls artists to submit their best photographs, digital art or photos of hand-crafted art for display in the Air Force Arts and Crafts Gallery beginning Oct. 1. Visit the Arts and Crafts Center for entry forms and complete rules. For more information, call 671-2515.

#### Patrons learn guitar at Arts and Crafts Center

JBSA-Lackland Arts and Crafts Center offers guitar lessons to children and adults Wednesdays, 3-5 p.m. Sessions are \$15 per hour and cater to student skill level. For more information, call 671-2515.

### Bowling

#### Bowling special for holiday weekend

JBSA-Randolph Bowling Center celebrates Columbus Day with a special rate of \$2 per game, per person (excluding Thunder Alley) and \$2.35 shoe rental. This special price is good for the entire weekend, Oct. 11-14, during regular business hours. For more information, call 652-6271.

#### Bowlers compete in tournament

Six games of competition will be bowled at each JBSA Bowling Center to celebrate Columbus Day. The first six games of competition are at JBSA-Fort Sam, Oct. 12, 9 a.m., then six games of competition at JBSA-Lackland, Oct. 12, 1 p.m., and six more games of competition at JBSA-Randolph, Oct. 13, 9 a.m. The top five bowlers will bowl in a head-to-head competition to determine the champion. The winner will be crowned the JBSA Military Championship winner. This will be a handicap tournament. The fee for this tournament is \$50. Entry forms are available at all JBSA Bowling Centers. For more information, call 652-6271.

#### Bowling center lit up for "booling"

JBSA-Lackland Skylark Bowling Center hosts Halloween Booling for adults and children Oct. 24, 8-10 p.m. Enjoy glow-in-the-dark bowling, a costume contest and goodies accompanied by a disc jockey playing music. For more information, call 671-1234.

#### Primo's Lounge hosts Halloween costume contest

JBSA-Lackland Skylark Bowling Center hosts a Halloween costume contest in Primo's Lounge Oct. 25, 8 p.m. The contest for best and worst costumes will be accompanied by a disc jockey playing music. The winners will receive prizes. For more information, call 671-1234.

#### Patrons enjoy great deals at the bowling center

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals all day Tuesday, Wednesday, Thursday and Friday. Knock down a red pin 11 a.m.-1 p.m. Wednesday and Friday and get a free game. For more information, call 221-4740.

#### There's a league for everyone

Ladies only, senior citizens, Christian fellowship, youth and mixed three-, four- and five-person team leagues are to be found at the JBSA-Fort Sam Houston Bowling Center. Leagues play at various times Tuesday through Saturday. For more information, call 221-4740.

### Clubs

#### Kendrick Club offers lunch buffets

The JBSA-Randolph Kendrick Club offers a buffet lunch Monday-Friday, 11 a.m. to 1 p.m. The buffet costs only \$7.45 for club members or \$9.45 for nonmembers. The cost for members' children, 5-12 years old, is \$3.75 and \$5.75 for nonmembers' children. Kids under 5 are free. During October staff sergeants and below can purchase the buffet for \$5.99. For more information, call 652-3056.

#### Patrons enjoy prime rib buffet

JBSA-Lackland Gateway Clubs entices patrons with a prime rib buffet Oct. 4, 5-8 p.m. Entrees of prime rib, stuffed pork chops, and baked tilapia are among the menu along with side dishes, soup, salad and dessert. The price is \$17.95 per person for members and \$19.95 for nonmembers. For more information, call 645-7034.

#### Patrons sing their hearts out

Patrons can sing their hearts out at JBSA-Lackland Gateway Club's Lonestar Lounge during Karaoke Night Oct. 5 and 19, 5 p.m.-midnight. Disc jockey Dee Dee emcees and features a wide selection of songs. For more information, call 645-7034.

#### Football Frenzy fun continues in October

JBSA-Lackland Gateway Club hosts Football Frenzy in the Lonestar Lounge Oct. 7, 21 and 28 at 4 p.m. Members and nonmembers can enjoy football, food, beverage specials, games and door prizes. The party is over when the game is over. Club members have the opportunity to win grand prizes such as a trip to the Super Bowl. For more information, call 645-7034.

JBSA-Randolph's Kendrick Club hosts Football Frenzy Sundays, Mondays and Thursdays and have the NFL Network and NFL Channel. There will be food specials, prize drawings and discounted beverages. Customers just need to enjoy their football viewing at the Kendrick Club and fill out an entry form to win tickets to a regular season game or to the Super Bowl. For more information, call 652-3056.

#### Gateway Club hosts pre-Halloween party

JBSA-Lackland Gateway Club hosts its annual Pre-Halloween Party in the Lonestar Lounge Oct. 25, 5 p.m.-2 a.m. Enjoy a live performance by Isis Rosario, The Voice, 6:30-9:30 p.m. Doggin' Dave Productions plays music in the Lonestar Lounge 5-6 p.m. and 9:30 p.m.-2 a.m. Stevie Mac Dance Machine plays music in the Maverick Lounge 6:30-9:30 p.m. Dress in costume and enter contests with awards given to the best costume and other categories. For more information, call 645-7034.

#### Kids' dress up for Halloween bingo

The JBSA-Randolph Kendrick Club invites kids to dress up in their Halloween costumes and play bingo Oct. 27, 11 a.m. This event is free for kids 12 and younger and is open to all DOD ID cardholders. Five games of bingo will be played. There is a complimentary kids' buffet and the adults can enjoy the Gil's Pub grill menu. Kids will have a chance at winning the grand prize \$100 shopping spree at AAFES. The Halloween costume contest will be judged in three categories: most original, cutest and scariest. They still need three judges. To volunteer or for more information, call 652-3056.

#### Feast at the club

The JBSA-Lackland Gateway Club hosts a Halloween feast Oct. 31, 11 a.m.-3 p.m. The Haunting lunch buffet features dishes such as Baron R. Beef, spider web pasta, Rosemary's Baby Chicken and more for \$9.95 per person. For more information, call 645-7034.

#### Patrons celebrate birthday with buffet

The JBSA-Randolph Parr Club celebrates birthdays in the Clark Room Oct. 31, 5-8 p.m., with an all-you-can-eat buffet. Club members celebrating their birthday any day of the month will receive a complimentary buffet. The buffet includes soup and salad bar along with two entrees, two sides, two vegetables and a birthday cake for dessert along with soft serve ice cream. Please be prepared to show your club card along with a DOD ID card. For more information, call 652-4864.

#### Play bar bingo at Gateway Club

JBSA-Lackland's Gateway Club hosts bar bingo Wednesday, 5-7 p.m., in the Mesquite Dining Room. For more information, call 645-7034.

#### Patrons enjoy Champagne brunch

Sunday brunch takes place at the JBSA-Randolph Parr Club every Sunday, 10 a.m.-1 p.m. It includes a carving station, oysters, mussels, salmon, Champagne and more. The cost is \$20.75 for club members or \$22.75 for nonmembers. For more information, call 652-4864.

# JBSA FSS

## Community Programs

### Dogs take a dip

Dogs of all shapes and sizes are invited to jump in and cool off at the JBSA-Fort Sam Houston Aquatic Center during the annual Doggie Dip Oct. 5, 10 a.m.-noon. Get ready for a splashing good time with complementary snacks for people and K-9's, giveaways and contests. For more information, call 221-1718.

### "You Know the Old Slaying" performance takes the stage

JBSA-Lackland Arnold Hall Community Center and the Lackland Performing Arts Group present the comedic murder mystery "You Know the Old Slaying" Oct. 11, 12, 18 and 19. Doors open at 6 p.m. and curtain is at 7 p.m. Light hors d'oeuvres are included with admission. A cash bar and reserved seating is available on show dates. For more information, call 671-2619.

### Families enjoy free movie

Come out for a free movie night at JBSA-Fort Sam Houston Military and Family Readiness Center Oct. 25, 7 p.m. Customers can also enjoy free popcorn, cotton candy and snow cones as they watch the movie. For more information, call 221-1718.

### Arnold Hall transforms into House of Horrors

Patrons are invited to dress in costume and visit the JBSA-Lackland Arnold Hall Community Center's House of Horrors Oct. 25 and 26, 7-10 p.m. Dare to experience the corridors of this haunted house which is open to patrons age 10 and older. The cost is only \$5 per person. For more information, call 671-2619.



TO LEARN MORE ABOUT THIS AND OTHER EVENTS CALL 652-3898

# FALL HI-JINX

**FREE**  
October 31 from 6-8 p.m.

THIS IS A SAFE ALTERNATIVE FOR HALLOWEEN PARTICIPANTS AT THE YOUTH PROGRAMS GYM, BUILDING 585. JOIN THE YOUTH PROGRAMS STAFF FOR VARIOUS GAMES, CRAFTS AND COSTUME CONTESTS WITH LOTS OF PRIZES. CHILDREN AND YOUTH OF ALL AGES ARE WELCOME TO PARTICIPATE. (PLEASE BRING A BAG OF CANDY TO SUPPORT FALL HI JINX.)

RANDOLPH-BROOKS FEDERAL CREDIT UNION | RANDOLPH | JP | JOINT BASE SAN ANTONIO | FORCE SUPPORT SQUADRON | f

NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED.

### Harlequin Dinner Theatre presents "Bad Seed"

Colonel and Christine Penmark live with their daughter Rhoda in a small Southern town. On the surface, little Rhoda Penmark is loved by her parents, admired by all her elders, sweet, charming and full of old-fashioned grace. Rhoda's mother has an uneasy feeling when one of Rhoda's schoolmates is mysteriously drowned at a picnic. Mrs. Penmark is alarmed, the boy who drowned was the one who had won the Penmanship Medal which Rhoda felt she deserved. "Bad Seed" runs through Nov. 2, Thursdays, Fridays, and Saturdays. Dinner is at 6:15 p.m. and the show starts at 8 p.m. For more information, call 222-9694.

## Fitness and Sports

### Warhawk hosts Air Force basketball camp

JBSA-Lackland Warhawk Fitness Center hosts the Air Force Men's Basketball Camp Oct. 12-29. For more information, call 671-2016.

### Patrons run three-mile relay

The JBSA-Randolph Fitness Center conducts a three-mile wing man relay at Eberle Park Oct. 17, 7:30 a.m. The first team member must complete the 1.5-mile run route in order for the second team member to start running the next 1.5-mile. This is sponsored by Randolph Family Housing. For more information, call 652-7263.

### Patrons compete in bench press contest

How much can you bench press? Want to show the world your strength? Head to JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus Oct. 20, 1-3 p.m., for its first bench press competition. Details, including rules, can be picked up at the fitness center. This event is free and open to all DOD ID card holders. For more information, call 808-5709.

### Fitness center celebrates Oktoberfest

The JBSA-Randolph Fitness Center celebrates fall by getting a jump start on holiday calories with a fitness celebration, Oct. 26, 7:30 a.m., at Eberle Park. This is one event that everyone can participate in, including the young ones. There will be a 5K run/walk, a 1.5 mile run/walk for young athletes and their parents and a 10K bike ride starting after the 5K is completed. For more information, call 652-7263.

### Zombies run/walk a 5K

JBSA-Lackland Gillum Fitness Center hosts the Zombie 5K Fun Run/Walk Oct. 31, 7:30 a.m. Participants are invited to dress like zombies for this event. For more information, call 977-2354.

### Fitness center hosts costume dodgeball tourney

JBSA-Lackland Medina Fitness Center hosts the 3rd Annual Costume Dodgeball Tournament Oct. 31, 6 p.m. Dodge balls while wearing costumes in this coed event open to players ages 16 and older. Teams must have 6-10 players with at least one player of each gender. Tournament begins with a round robin followed by a single-elimination tournament. For more information, call 671-4525.

### Students sign up for basketball league

This basketball league is open to all students on the Medical Education Training Campus. Letters of Intent are due to the fitness center at the METC by Nov. 5. Each letter must be signed by the Sports Advisory Representative. Units may have more than one team. No roster is required. Cadre must be present at all games. Coaches/rules meeting will be held at JBSA-Fort Sam Houston Fitness Center on the METC Nov. 12 at noon. For more information, call 808-5707.

### Patrons Zumba® during lunch

Squeeze in a workout during your lunch break. The Jimmy Brought Fitness Center on JBSA-Fort Sam Houston is offering a lunch time Zumba® class, 11:30 a.m.-12:30 p.m., for only \$3! For more information, call 221-1234.

### Parents and toddlers enjoy exercise

The JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers parents with strollers use of the indoor track, Monday-Friday, 9-11 a.m. For more information, call 808-5709.

### Patrons experience virtual fitness classes

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers Fitness on Request, an innovative fitness system providing virtual, state-of-the-art classes to patrons throughout the day. Classes range from 20 to 60 minutes and include step aerobics, yoga fusion, kinetics, dance aerobics, indoor cycling and more. For more information, call 808-5709.

## Golf

### Golfers' invited to scramble

Golfers are invited to play in the Warrior Four-Person Scramble Oct. 4, with a 12:30 p.m. shotgun start time, at the JBSA-Fort Sam Houston Golf Course. The cost is \$25 for members and \$35 for nonmembers. The scramble includes 18 holes of golf, dinner, gift certificates for the winners of the longest drive and the closest to the pin and for first, second and third place. For more information, call 222-9386.

### Golfers compete in Columbus Day tournament

Golfers are invited to sign up for the JBSA-Randolph Oaks Columbus Day tournament Oct. 14. The tee times are 7-9 a.m. The entry fee is \$10 per person plus green fees and cart. For more information, call 652-4653.

### Golfers compete in golf classic

The JBSA-Randolph Golf Course hosts the Force Support Squadron Golf Classic Oct. 25 with a 12:30 p.m. shotgun start. The cost is \$40 per person and includes green fee, cart, range balls, four mulligans per team, and hamburgers and hot dogs during lunch. Prizes will be awarded to the first-, second- and third-place teams at the completion of the tournament. There will be drawings for over \$2,000 in door prizes such as golf umbrellas, Ping, Nike and Wilson drivers, putters, hybrids and much more. This event is sponsored by Randolph-Brooks Federal Credit Union and Budweiser. For more information or to sign-up, call 652-4653.



**TWO DAYS OF FESTIVITIES**

**OKTOBERFEST**

**FRIDAY**

**OCT. 18**

**5-11 PM**



**Authentic Biergarten**  
Tapping of the Keg  
German beers on tap

**Children's Activities Tent**

**Entertainment & Fun**  
Gyro Spin  
Inflatable Obstacle Course

**Live Performances**  
Beethoven Maennerchor  
Seven Dutchmen

**Festive Foods**

**FALL FEST**

**SATURDAY**

**OCT. 19**

**3-9 PM**

**Festive Foods**

**Gaming & Fun**  
Game Truck, Rock Wall, Gyro Spin, Inflatable  
Obstacle Course, Televised Live College  
Football

**Children's Activities Tent**

**Live Performances**  
Harlequin Dinner Theatre, 323d Army Band  
"Fort Sam's Own Biohazard Brass Band",  
Blow My Cover Band

**Special Guest Appearances**  
Cast of NBC's "Revolution"  
The Spurs Coyote & Silver Dancers  
Free preseason tickets while they last!

**FREE ADMISSION & PARKING // OPEN TO THE COMMUNITY**  
 [www.FortSamMWR.com](http://www.FortSamMWR.com) 






### Golfers improve swing

The JBSA-Randolph Oaks Golf Course offers golfers the opportunity to improve their game and lower their scores. Golfers can make appointments with Brian Cannon or Charles Bishop (PGA) for golf lessons. For more information, call 652-4653.

### Tee Time Deck in full swing

The JBSA-Randolph Oaks Golf Course offers special event packages for retirements, promotion, weddings and sports outings. To book a special event, call Corita at 652-4852.

## Information, Tickets and Travel

### Information, Tickets and Travel hosts vacation expo

JBSA-Lackland Information, Tickets and Travel hosts its annual Vacation Expo at Arnold Hall Community Center, Oct. 4, 10 a.m.-1 p.m. Visit with travel industry representatives, enjoy complimentary food while it lasts, and enter to win door prizes drawn every hour. For more information, call 671-3133.

### Sights set for Las Vegas

JBSA-Lackland Information Tickets and Travel offers a Las Vegas package for travel Oct. 30-Nov. 2. Package includes airfare, hotel and airport transfers with rates starting at \$325 per person. For more information, call 671-7112.

### Discount tickets offered to customers

The JBSA-Fort Sam Houston Ticket Office in the Sam Houston Community Center sells discount tickets and often has free tickets to local events. The ticket office is open Tuesday-Friday, 10 a.m.-5 p.m. For more information, call 808-1378.

## Library

### Story time is a hit with preschoolers

Stories, crafts and songs are all part of the weekly story time at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, every Thursday at 10 a.m. This month's story time dates are Oct. 3, 10, 17, 24 and 31. For more information, call 221-4702.

### Gamers have fun

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library hosts its monthly gaming day Oct. 11, 5 p.m. Gamers can choose from Xbox, Wii, PS3 and classic board games. For more information, call 221-4702.

### Library offers teen activities

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library is supporting the annual Teen Read week Oct. 13-19. Teens can visit the library for teen and youth activities during the entire week. For more information, call 221-4702.

### Library hosts Oktoberfest

The JBSA-Randolph Library hosts an Oktoberfest celebration Oct. 24, 3:30-5 p.m. There will be games, activities, coloring, crafts and a movie for the kids. For more information, call 652-5578/2617.

### Library gets spooky during pre-Halloween event

The JBSA-Lackland Library hosts the Spooktacular Bash Oct. 26, 2-4 p.m. Enjoy hauntingly good stories and games, a costume contest for adults and children, plus goodies. Learn about Halloween safety from the Kirby Police Department. For more information, call 671-3610.

### Library offers Halloween story time

There will be a special story time for kids Oct. 26, 2-3 p.m., at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library. For this special "Halloween" themed story time, children are invited to come in costume. For more information, call 221-4702.

## Military and Family Readiness

### Job fair open to all DOD personnel

The JBSA-Fort Sam Houston Military and Family Readiness Center is conducting a job fair, Oct. 3, 2-6 p.m. This job fair is open to all DOD ID card holders. For more information, call 221-0516/0427/9216.

### Learn to be financially prepared

The JBSA-Randolph Military and Family Readiness Center offers a financial readiness class Oct. 7 and 28, 8 a.m.-noon, to prepare Airmen for financial challenges, with financial education and training. For more information, call 652-5321.

### Newcomers get started on the right foot

The JBSA-Lackland Military and Family Readiness Center hosts a Right Start newcomer's orientation Oct. 9 and 23, 8 a.m.-2:30 p.m., at the Gateway Club. The orientation is for all Air Force active-duty members who are newly assigned to JBSA-Lackland. Attendance is mandatory and patrons may choose to attend either date. To sign up, contact the unit personnel coordinator or commander support element. For more information, call 671-3722.

### Class teaches spouses re-integration skills

The JBSA-Randolph Military and Family Readiness Center hosts Open Arms, a workshop for spouses of returning military members, Oct. 16, 1-2 p.m. The class offers solutions to the various challenges specific to reuniting couples and families, and provides resiliency skills and resources. To register, call 652-5321.

### Child safety seats to be inspected

The JBSA-Fort Sam Houston Fire Department will inspect children's safety seats Oct. 17, 1:30-3:30 p.m., for recalls, functionality and proper installation. Registration is required. Children must be present for proper weight and height measurements. For more information, call 221-0349/2418.

### Exceptional Family Member Program supports families

The Exceptional Family Member Program Support Group will meet Oct. 17, 11:30 a.m.-12:30 p.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center. Share common experiences unique to special needs and ideas for future events. For more information, call 221-2962.

Lackland Amphitheater Grounds  
 Kirby Ave., next to the Gateway Club

**October 11, 2013**  
**4:30-10 p.m.**



**Customer Appreciation**  
 Authentic German Fest Tent  
 Free Pull German Dinner (while it lasts!)  
 Free Kids Meal & Kids Fun Zone  
 Great Giveaways & Prizes  
 Real German Beer on Draft  
 Pilsener Oktoberfest  
 Warsteiner Dunkel  
 Bitburger  
 Complimentary Beer Tasting Table  
 Open to all DoD ID cardholders, retirees, contractors & their guests  
 Call 671-1906 for more information









# JBSA FSS

## Couples reignite passion

The JBSA-Randolph Military and Family Readiness Center teaches participants how to identify issues that create barriers in a relationship. This class introduces practices to reignite intimacy and passion Oct. 18, 3-4 p.m. For more information, call 652-532.

## Military and Family Readiness Center hosts hiring fair

The U.S. Chamber of Commerce Foundation and Hiring Our Heroes presents the Military Spouse Employment Program Hiring Fair and Career Forum Oct. 24, 10 a.m.-1 p.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center. This one-of-a-kind, free event is specifically designed for spouses of active-duty, guard, reserve and veterans but members are also welcome. For more information, call (571) 372-2123.

## Members learn car-buying tips

The JBSA-Lackland Military and Family Readiness Center holds a car-buying class Oct. 30, 10 a.m.-noon. Topics include the dangers of pay day lenders, how to purchase a car at the best price and what is available from financial institutions. For more information, call 671-3722.

## Patrons learn to navigate USAJOBS system

The JBSA-Randolph Military and Family Readiness Center teaches patrons how to input a resume using the USAJOBS system Oct. 31, 8:30-11 a.m. To sign up, call 652-3633.

## HIRED! apprenticeship program for teens

Teens ages 15-18 now have the opportunity to apply for the 2014 winter term apprenticeship program which takes place Jan. 13-April 5. If selected for this apprenticeship program the teen will work with the 502nd Force Support Squadron facilities and activities on JBSA-Fort Sam Houston. Registration forms are available at Parent Central and the Middle School Teen Center. Apprenticeship application deadline is Dec. 9. For more information, call 221-3386.

## Patrons prepare for future employment

JBSA-Fort Sam Houston Employment Readiness offers classes at Military and Family Readiness Center, designed to help patrons acquire employment. Employment Readiness focuses on opportunities in the San Antonio community. General resume-writing and Federal resume-writing classes both focus on proper styles. Multiple classes are available throughout October. For more information, call 221-0516.

## Family Child Care offers non-traditional alternative

Family Child Care offers a non-traditional alternative for child care, perfect for families who want their child in a home-like environment. In addition to full- and part-time care, some providers offer drop-in services, weekend and evening/night time care as well as shift-work and special-needs care. For more information, call 221-3828.

## Financial Readiness important for everyone

JBSA-Fort Sam Houston Military and Family Readiness offers service members and their families classes to help them face uncertain financial times. Available classes include: Credit and Debt Management, Budgeting, Saving and Investing, Consumer Awareness and more. Registration is required for all classes. For information on dates and times or to register, call 221-2380/2418.

## Army Emergency Relief relocates

The Army Emergency Relief on JBSA-Fort Sam Houston has relocated to building 131 Stanley Rd., adjacent to the Wilson Gate. For more information, call 221-1612.

## Outdoor Recreation

### Wide variety of equipment for rent

The JBSA-Fort Sam Houston Outdoor Recreation Center has equipment rentals for everyone's needs. Camping, trailer and towing, water fun, sports and biking, barbecue and party, and equipment for around the house and garden; OEC has it all. For more information, call 221-5224/5225.

### Camp Bullis Archery Range now open

The Camp Bullis Archery Range is open Thursday-Monday, 8 a.m.-4 p.m. They have targets which range from 10-60 yards and the cost is \$3 for a daily pass or \$20 for an annual pass. For more information, call 295-7577.

### Archery hunting season open at Camp Bullis

Big game archery (white-tail deer) and turkey hunting is open at Camp Bullis until Jan. 5. All DOD ID cards holders are welcome to participate. For more information, call 295-7577.

## Youth Programs

### Youth register for sports programs

JBSA-Lackland Youth Sports Program conducts its winter basketball league registration Oct. 1-18. Children ages 5-12 learn basketball fundamentals and skills. Registration fee is \$45. A current copy of the participant's sports physical is due at registration. Registration after Oct. 18 is subject to a \$15 late fee. For more information, call 671-2388.

JBSA-Randolph Youth Programs conducts registration for the basketball and cheerleading programs Oct. 1-31. These programs are for boys and girls, ages 5-18 years old, and the registration fee is \$45. All players must have a current physical on file by the start of the season. Coaches are also needed for the season. The season runs December-March. For more information, contact the sports director at 652-3298.

### Membership free week open to youth

Check out Back-to-Clubs with JBSA-Randolph Youth Programs Oct. 7-12. There is no membership needed to participate in clubs, activities or open recreation during this week (doesn't include instructional classes, league sports and school-age programs). For those interested in joining, membership is \$36 per year. For more information, call 652-3298.

### Youth Programs celebrates National Lights After School

Join the JBSA-Randolph Youth Programs staff Oct. 18, 3-5 p.m., to learn about its numerous after-school programs. Ice cream sundaes will be available during this time. For more information, call 652-3298.

### JBSA gives parents a break

The JBSA-Lackland Youth Programs and JBSA-Lackland Child Development Program offer Give Parents a Break/Parents' Night Out Oct. 18, 7-11 p.m. The fee is \$15 per child. Fees may be waived with a GPAB referral. Space is limited. To sign up, call the JBSA-

Lackland Youth Programs at 671-2388 or the JBSA-Lackland CDP at 671-1052 by Oct. 16.

### Preteen Lock-In generates excitement

Pre-teens learn science, engineering and technology during the JBSA-Lackland Youth Programs' lock-in Oct. 18-19, 8 p.m.-7 a.m. This overnight event costs \$25 and includes snacks, games, entertainment and fun. For more information, call 671-2388.

Bring your friends to JBSA-Randolph Youth Programs Oct. 18 for a night of fun activities to include cooking projects, a fashion show, karaoke and much more. The lock-in takes place from 9 p.m. to 7 a.m. and is for youth ages 9-12. The cost is \$20. Sign up no later than Oct. 16. For more information, call 652-3298.

### Parents register for Thanksgiving camp

Families who need care for their children during the Thanksgiving school break can register at JBSA-Randolph Youth Programs Oct. 28-Nov. 8 or until full. The Thanksgiving Camp takes place Nov. 25-27. For more information, call 652-3298.

### Child Development Program has new hours

The new hours for the JBSA-Fort Sam Houston Child Development Program are 5:30 a.m.-5:30 p.m. For more information, call 221-5002/4058.

### Splash Pad open limited hours

The Splash Pad is open daily to everyone from 9 a.m. until dark. For more information or reservations, call 221-3502.

### Free online tutoring available

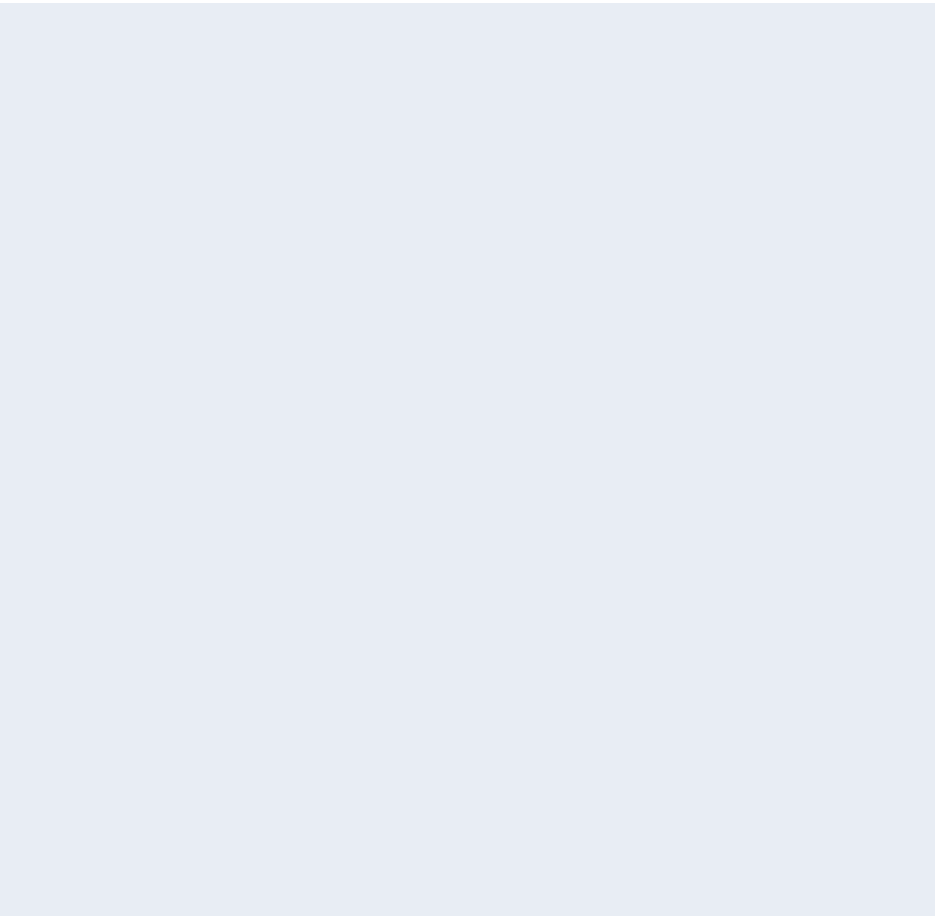
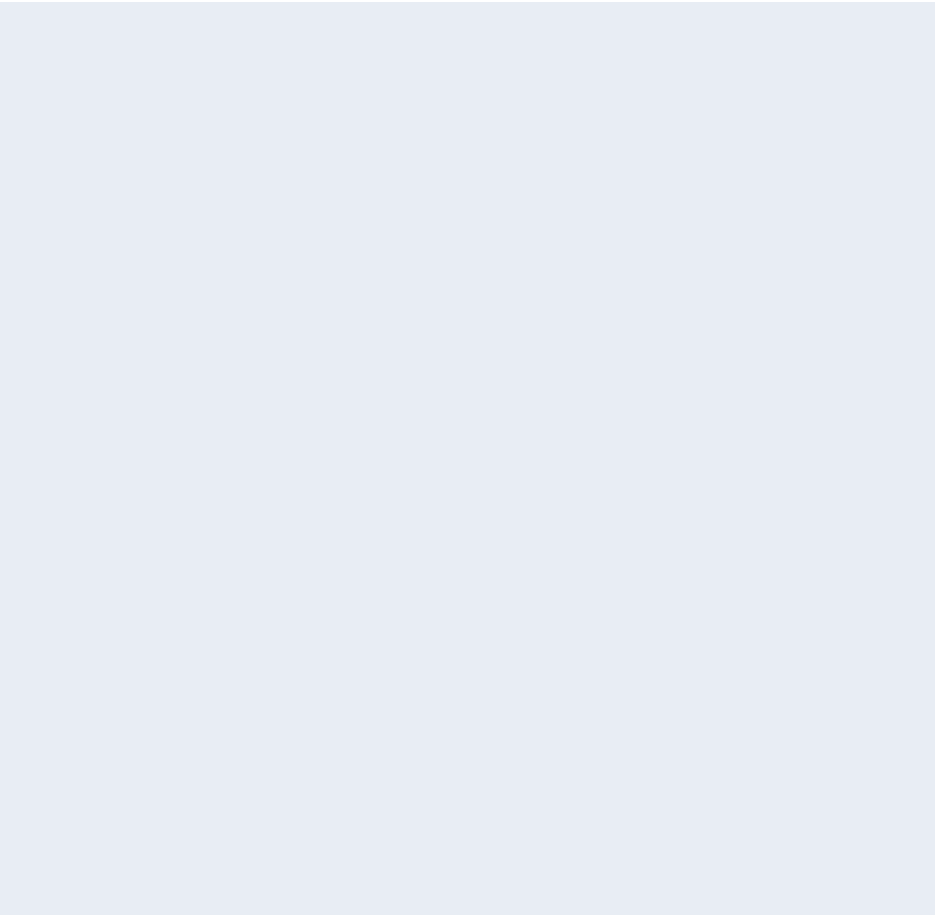
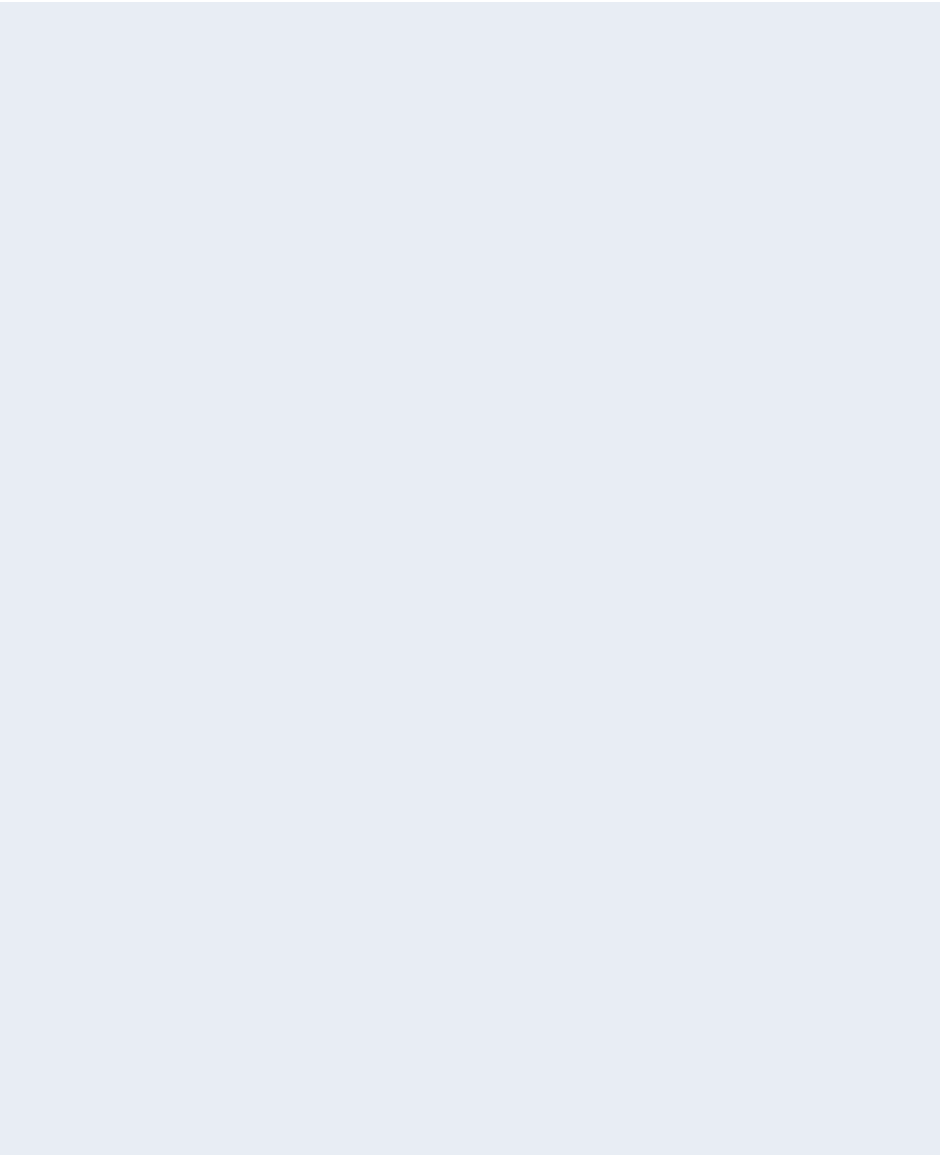
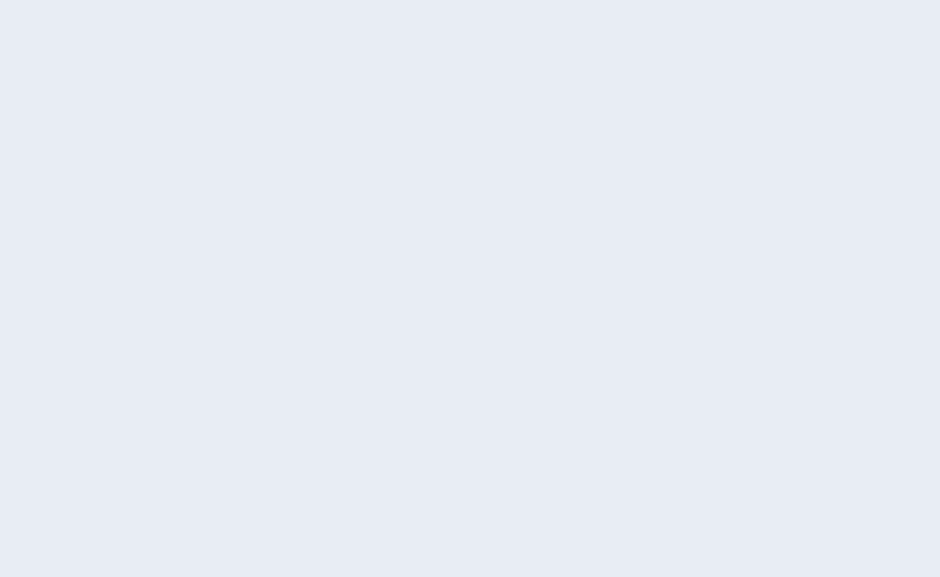
Homework help is just a click away. Tutor.com offers free accounts for active-duty service members and their families. Get 24/7 online help in more than 16 core subjects, including advanced placement classes and introductory college courses.

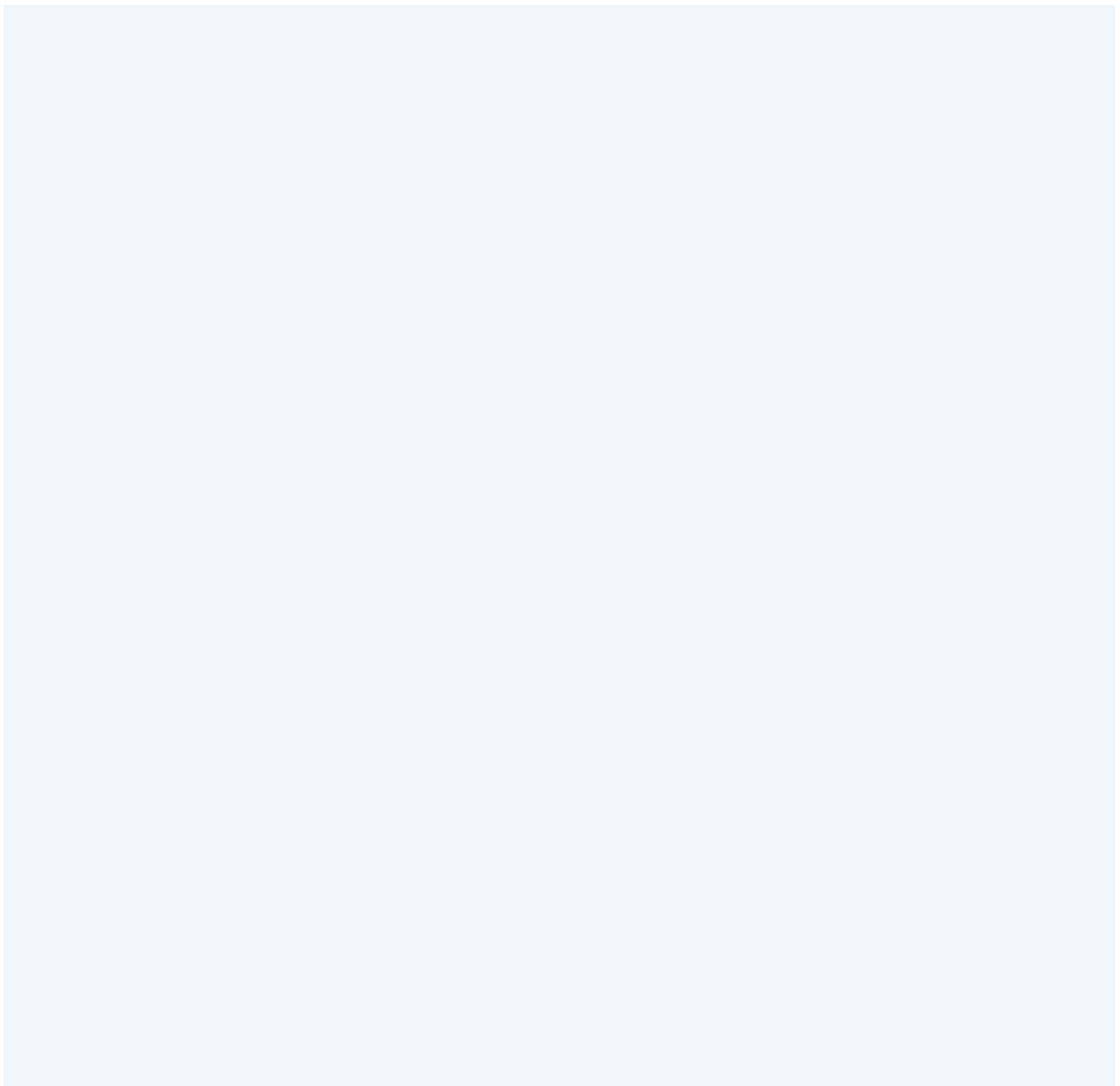
### Child, Youth and School Services offer activities

Parents can enroll children in fun, exciting and safe activities by visiting [www.FortSamMWR.com/youth.html](http://www.FortSamMWR.com/youth.html) for JBSA-Fort Sam Houston Youth Programs. The site has contact phone numbers, and a link to WebTrac, which provides lists of all activities and offers parents the option to pay online.



To advertise in the Wingspread, call 534-8848.







## SPORTS - FITNESS - HEALTH

# Joint Base San Antonio-Randolph hosts adaptive sports camp

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Eighty-five Air Force wounded warriors from around the nation participated in a week-long adaptive sports camp Sept. 16-20 at Joint Base San Antonio-Randolph.

The camp, offered by the Air Force Wounded Warrior Program, featured a variety of physical activities: air rifle; air pistol and archery; cycling; sitting volleyball; swimming; wheelchair basketball and yoga.

For some athletes, it was their first time attending an adaptive sports camp. For others, the event offered training grounds to prepare them for the Warrior Games scheduled in May.

"It's an opportunity for these athletes to focus on their abilities and not their disabilities," Tony Jasso, Air Force Wounded Warriors Adaptive Sports program manager, said. "Adaptive sports opens doors in the lives of our athletes that injury and illness once closed."

For Air Force Staff Sgt. Daniel Crane, a security forces patient at JBSA-Lackland, a shotgun-blast injury he sustained to his right arm a year ago from an anti-military local in Guam, where he was stationed, didn't waver his passion for sharpshooting.

"I've always been a pretty good shot, which I owe to my security forces training," Crane, who is naturally right-handed, said. "This is my second sports camp and I plan to refine my aim so I can represent the Air Force in shooting events at the Warrior Games."

Crane now fires air rifles and air pistols with his left arm, but said his "fundamentals are still there."

Local Army and Marine wounded warriors competed against Air Force warriors in wheelchair basketball and sitting volleyball for part of the camp.

San Antonio has the largest Paralympic program in



Photo by Joel Martinez

Troy Foster, Air Force Wounded Warrior Program Adaptive Sports Camp coordinator, discusses the cycling route with retired Staff Sgt. Megan Lyon Sept. 18 at Joint Base San Antonio-Randolph.

the nation, which bolsters the local wounded warrior sports scene, Jasso said.

"We offered the opportunity (to join the program) to 700 new athletes," he said. "We're helping them form a brand new identity, creating a paradigm shift from patient mentalities to athlete mentalities."

Andy Harris, a retired Air Force technical ser-

geant who joined a wounded warrior network in Virginia, traveled to JBSA-Randolph for his first adaptive sports camp.

"I work as an artist and I tend to stay at home a lot," Harris, who's diagnosed with post-traumatic stress disorder, said. "My wife heard about the camp and I thought it would be helpful to learn some adaptive techniques."

By day two of the camp, Harris already formed a bond with several others and said "it's incredible to be in a room full of people you don't have to explain yourself to."

The camp also helped relieve his PTSD, Harris said.

"My results are measured with smiles," Jasso said. "I can see an impact on our wounded warriors' recoveries. They arrive without knowing anyone and leave with many friends."

Staff Sgt. Jared Miller, 902nd Security Forces Squadron combat arms instructor, was with other squad members at the local shooting range, watching Air Force wounded warriors – some with walking sticks and others without limbs – showcase their skills for three days.

"They give us a sense of pride knowing they can go downrange, make great sacrifices and come back to do this," Miller said.

The camp at JBSA-Randolph was the last adaptive sports camp before the Warrior Games selection camp in February.

Athletes selected at the February camp will represent the Air Force at Warrior Games 2014.

Air Force wounded warriors interested in joining the adaptive sports program can call Jasso at 565-5265. For more details, visit <http://www.woundedwarrior.af.mil>.

### Volunteer time

Capt. John Schwartz (left) and Capt. Chris Puccia, 99th Flying Squadron, fill bags of food for the "Feed My Starving Children" program at the Schertz Civic Center Sept. 20. Members of the 99th Flying Squadron volunteered at the center to package dried meals for malnourished children around the world.

Photo by Rich McFadden



# JBSA fire departments remind residents to 'Prevent Kitchen Fires'

By Dana Pelletier

Assistant Fire Chief, Prevention,  
Fort Sam Houston Fire Department

Fire Prevention Week is from Oct. 6 to 12 and the Joint Base San Antonio-Fort Sam Houston Fire Department is joining forces with the nonprofit National Fire Protection Association to remind local residents to “Prevent Kitchen Fires.”

During this year’s fire safety campaign, firefighters and fire prevention officers will be spreading the word about the dangers of kitchen fires – most of which result from unattended cooking – and teaching local residents how to prevent kitchen fires from starting in the first place.

According to the latest NFPA research, cooking is the leading cause of home fires. Two of every five home fires begin in the kitchen – more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

“Often when we’re called to a fire that started in the kitchen, the residents tell us that they only left the kitchen for a few minutes,” said JBSA-FSH fire inspector Scott Rath. “Sadly, that’s all it takes for a dangerous fire to start. We hope that Fire Preven-

tion Week will help us reach folks in the community before they suffer a damaging lesson.”

Among the safety tips that firefighters and safety advocates emphasize:

- Stay in the kitchen while frying, grilling, broiling or boiling food.
- If you must leave the room, even for a short period of time, turn off the stove.
- When simmering, baking, or roasting food, check it regularly, stay in the home and use a timer.
- If there are young children in the home, use the stove’s back burners whenever possible. Keep children and pets at least three feet away from the stove.
- When cooking, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.
- Clean up food and grease from burners and stovetops.

Fire Prevention Week is actively supported by fire departments across the country and is the longest running public health and safety observance on record.

## Water Conservation Tips

- Collect the water used for rinsing produce and reuse it to water houseplants.
- Divide a watering cycle into shorter periods to reduce runoff and allow for better absorption every time you water.
- Homeowners are more likely to notice leaky faucets indoors, but should check outdoor faucets, pipes and hoses for leaks.
- Periodically check a pool for leaks if it uses an automatic refilling device.
- Only water lawns when needed. This is determined by walking across the lawn. If footprints are left, it's time to water.

### Drinking water quality report available to consumers

Every year, all water suppliers that serve the same people year-round must prepare a consumer confidence report, or water quality report, for their customers. The report tells customers where their drinking water comes from, what is in it and how they can protect it. Bioenvironmental Engineering demonstrates its commitment to public health protection and the public's right to know about local environmental information. The analysis was made by using the data from the most recent U.S. Environmental Protection Agency-required tests and is presented at the following link: <http://www.jbsa.af.mil/library/environmentalinformation.asp>. The report will be available no later than July 1. The drinking water at Joint Base San Antonio-Randolph meets or exceeds all federal drinking water requirements and the overall quality of the water is excellent.